Week of January 1st-6th



Friday, January 2nd

Split Pea Soup
Fish or Egg Puff & Scalloped Potatoes
Brussels Sprouts
Romaine Lettuce and Mushroom Salad
Pumpkin Cake

Saturday, January 3rd

Cream of Mushroom Soup Roast Chicken with Brown Rice Mixed Vegetables Broccoli Slaw

Sunday, January 4th

Hot BBQ Beef Sandwich Country Style Tomatoes Baked Beans Spinach with Shredded Carrots Oatmeal Cookies

Monday, January 5th

Navy Bean Soup Chicken Primavera & Noodles Mixed Vegetables Coleslaw Banana

Tuesday, January 6th

Roast Pork
Bread Dressing
Spinach & Garden Salad
Cup of Fruit Cocktail

Week of January 7th-12th

Wednesday, January 7th

Albondigas Soup Enchilada Pie Refried Beans & Rice Marinated Tomato Salad Cantaloupe Wedge

Thursday, January 8th

"Birthday's of the Month"
Turkey Divan & Mashed Potatoes
Fiesta Green Beans
Broccoli Slaw
Chocolate Birthday Cake

Friday, January 9th

Fish or Oven Baked Chicken Fresh Yam Peas and Corn Tossed Green Salad Cup of Juicy Pears

Saturday, January 10th

Country Fried Steak & Barley Pilaf Cauliflower and Carrots Romaine Lettuce and Tomato Salad Butterscotch Pudding

Sunday, January 11th

Chicken Adobe Brown Rice Brussels Sprouts Caesar Salad Apple

Monday, January 12th

Pork and Broccoli Stir Fry
Barley Pilaf
Peas & Pearl Onions
Marinated Cucumber Tomato Salad
Fresh Cluster of Grapes

Week of January 13th-18th

Tuesday, January 13th

Beef Stroganoff & Noodles Harvard Beets Broccoli Slaw Tapioca Pudding

Wednesday, January 14th

Turkey with Gravy
Mashed Potatoes
Mixed Vegetables
Romaine Lettuce and Tomato Salad
Fresh Orange

Thursday, January 15th

Italian Wedding Soup Chicken Parmigana & Spaghetti Peas and Red Peppers Pineapple Cole Slaw Fresh Banana

Friday, January 16th

Fish or Salisbury Steak Scalloped Potatoes Broccoli & Carrots Garden Green Salad Flavored Yogurt

Saturday, January 17th

Pork Stew with Vegetables Three Bean Salad Spinach Mandarin Orange Salad Oatmeal Cookies

Sunday, January 18th

Stuffed Baked Potato with Cubed Turkey White Sauce Creamed Spinach Coleslaw Fresh Apple

Week of January 19th-24th

Monday, January 19th
All Three Site Closed
in Observance of
Martin Luther King Jr

Tuesday, ,January 20th

Cream of Tomato Soup
Pork Chop and Sweet Potato
Broccoli
Lettuce and Mushroom Salad
Apple Crisp with Oatmeal Topping

Wednesday, January 21st

Lentil and Carrot Soup Herb Chicken and Barley Pilaf Normandy Vegetables Black Eyed Peas and Corn Salad Cup Juicy Peaches

Thursday, January 22nd

Vegetable Soup Stuffed Bell Pepper Mashed Potatoes Green Beans Sliced Cantaloupe

Friday, January 23rd

Fish or Turkey a la King with Biscuit Peas and Carrots Spinach Mandarin Orange Salad Cup of Juicy Plums

Saturday, January 24th

Chicken Cacciatore and Red Potatoes Fiesta Green Beans Radish and Mushroom Green Salad Tapioca Pudding

Week of January 25th -31st

Sunday, January 25th

Cream of Celery Soup Pork Stir Fry with Fluffy Rice Tender Carrots Chinese Cabbage Slaw Cup of Juicy Peaches

Monday, January 26th

Tomato Bisque Soup Citrus Ginger Chicken and Brown Rice Normandy Vegetable Lettuce Tomato Salad Cup of Juicy Pears

Tuesday, January 27th

Chicken Noodle Soup
New England Roast with Red Potatoes
French Cut Green Beans
Citrus Fruit on a Leaf of Lettuce Salad
Chewy Soft Brownie

Wednesday, January 28th

Thyme Pork Chop & Buttered Noodles
Zucchini & Tomatoes
Tossed Green Salad
Apple Sauce with Cinnamon

Thursday, January 29th

Vegetable Soup
Turkey Burger & Roasted Fresh Yam
Black Eye Peas and Corn Salad

Friday, January 30th

Spanish Bean Soup Fish or Chicken Picatta & Barley Pilaf Baked Winter Squash Marinated Three Bean Salad Wedge of Cantaloupe

Saturday, January 31st

Sweet and Sour Pork & Brown Rice Peas & Carrots Creamy Coleslaw Fresh Banana

HAPPY NEW YEAR



Apple Delight Dessert

- 1 pound cut Granny Smith Apples
- 1 cup bread crumbs
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 3/4 cup packed brown sugar
- 1/2 cup butter or margarine, melted
- 1/4 cup finely chopped walnuts

Directions

- 1.Coat CROCK-POT® slow cooker with nonstick cooking spray. Place apples in bottom.
- 2.Combine bread crumbs, cinnamon, nutmeg, salt, brown sugar, butter and walnuts. Spread over apples.
- 3.Cover; cook on LOW 3 to 4 hours or on HIGH 2 hours. Cool and Serve with Vanilla Ice Cream.

Community Services and Parks Department

Serving Meals at Three Locations:

Adult Recreation Center/Central Park Complex

201 E Colorado St

Glendale Ca 91205

818 548 3775

Lunch Served: 7 days a week!

Sparr Heights Community Center

1613 Glencoe Way

Glendale Ca 91208

818 548 2187

Lunch Served: Monday- Friday

Pacific Park Community Center

501 S Pacific Ave

Glendale Ca 91204

818 548 3775

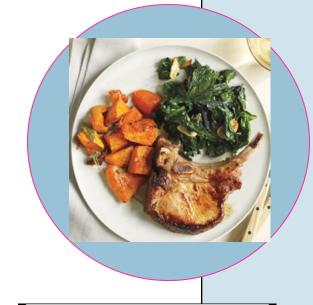
Lunch Served: Monday, Wednesday & Friday

Please remember to reserve or cancel your meal at least one day in advance.

Menu is subject to change without notice.

Community Services and Parks Department will provide reasonable accommodations toward the inclusion of all participants. Please notify us of your needs at the time of reservation.

HAPPY NEW Year



Senior Cafe

January 2015



City of Glendale Community Services &Parks

Telephone Reservations or Cancellations call Adult Recreation Center at (818) 548-3775